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4 THINGS TO KNOW

A U.S. jury on Wednesday awarded \$80 million to a man who claimed weed killer caused his non-Hodgkin's lymphoma.

The jury in San Francisco federal court said the company was liable for plaintiff Edwin Hardeman's non-Hodgkin's lymphoma.

It awarded \$5 million in compensatory damages and \$75 million in punitive damages to Hardeman after finding that Roundup was defectively designed, that Monsanto failed to warn of the herbicide's cancer risk and that the company acted negligently.

Bayer bought Roundup maker Monsanto last year for \$63 billion.

The company in a statement on Wednesday said it was disappointed with the jury's decision and that it would appeal the verdict.

"This verdict does not change the weight of over four decades of extensive science and the conclusions of regulators worldwide that support the safety of our glyphosate-based herbicides and that they are not carcinogenic," Bayer said.

The company added that the verdict in Hardeman's case had no impact on future cases and trials, "as each one has its own factual and legal

US jury says Bayer must pay \$80M to man in Roundup cancer trial

circumstances."

The trial is only the second of more than 11,200 Roundup lawsuits set to go to trial in the United States. Previous litigation setbacks and a prior jury verdict against the company have sent Bayer shares plunging.

The verdict comes after the same jury on March 19 found Roundup to have been a "substantial factor" in causing Hardeman's cancer, allowing the trial to proceed to a second phase to determine liability and damages. Bayer shares fell more than 12 percent after last week's jury finding.

In the trial's second phase, Hardeman's lawyers were able to present previously excluded internal documents allegedly showing the company's efforts to influence scientists and regulators about the widely-used product's safety.

Lawyers for Hardeman were seen by a Reuters reporter cheering in the elevator outside the courtroom after the verdict was announced.

"As demonstrated throughout trial, since Roundup's inception over 40 years ago, Monsanto refuses to act responsibly," Hardeman's lawyers said in a statement, adding that the company instead focused on "manipulating public opinion and undermining anyone who raises genuine and legitimate concerns about Roundup."

"HASN'T SUNK IN"

After the verdict, Hardeman told reporters he was "overwhelmed."

"It hasn't sunk in yet," he said.

Hardeman's case was considered a bellwether trial to help determine the range of damages and define settlement options for the more than 760 other federal cases pending in the same court before U.S. District Judge Vince Chhabria.

In the first trial phase of Hardeman's case, the jury deliberated for more than four days before finding Roundup responsible for the man's cancer. Bayer on Wednesday said that was an indication that jurors were "very likely divided over the scientific evidence."

The company said its appeal would focus on legal rulings by Chhabria, who allowed some of Hardeman's scientific experts to testify despite calling plaintiffs' expert opinions "shaky" in a 2018 ruling.

But legal experts have noted that the 9th U.S. Circuit Court of Appeals, which oversees the San Francisco federal court, has generally been permissive in allowing expert testimony.

Monsanto's Roundup was the first to contain glyphosate, the world's most widely used weed killer. But it is no longer patent-protected and many other versions are available. Bayer does not provide sales figures for the product.



ALL IMAGES REUTERS

The U.S. Environmental Protection Agency, the European Chemicals Agency and other regulators have found that glyphosate is not likely carcinogenic to humans.

The World Health Organization's cancer arm in 2015 reached a different conclusion, classifying glyphosate as "probably carcinogenic to humans."

In the first U.S. Roundup trial, another California man was awarded \$289 million in August after a state court jury found Roundup caused his cancer. That award

was later reduced to \$78 million and is on appeal.

Hardeman's case featured a significant difference from that trial after Chhabria decided to split cases before him into two phases: one to decide causation on purely scientific grounds, the other to determine Bayer's potential liability and damages only if the jury first ruled that the weed killer was a substantial factor in causing cancer.

That decision had been seen as beneficial to Bayer. Legal experts said the jury's verdict in the first

phase of the Hardeman case was a significant setback, narrowing the company's legal options going forward.

Chhabria has scheduled another bellwether trial for May and a third trial is likely to also take place this year. All three will be split into causation and liability phases.

Bayer is also scheduled to face another Roundup trial in California state court beginning on March 28 and at least two trials in Missouri state court in the fall.

REUTERS

Lawsuit: TGI Fridays Potato Skins contain no potatoes

2 It is acceptable to sell French fries that are not made in France, but a new lawsuit says it is not acceptable to sell "potato skin" snack chips that are not made from potato skins. A New York City woman on Wednesday sued TGI Fridays in a proposed class action claiming that the company, known for its restaurants, misleads consumers by selling Potato Skins snacks that contain potato flakes and potato starch, but no skins. The lawsuit

by Solange Troncoso said the Idaho Potato Commission and others inside and outside the industry have associated potato skins with healthy eating since they started appearing on restaurant menus a half-century ago. It said TGI Fridays' misleading packaging for its bacon ranch, cheddar and bacon, and sour cream and onion Potato Skins snacks defrauded Troncoso and other consumers into purchasing an "inferior product."

Rogen, Goldberg launch Canadian cannabis company

3 Following the likes of Willie Nelson, Snoop Dogg, Wiz Khalifa, Whoopi Goldberg and Melissa Etheridge, the latest to enter the burgeoning legal-cannabis market are Hollywood heavies Seth Rogen and Evan Goldberg. The two longtime collaborators, both natives of Vancouver, today announced Houseplant, which is described as "an elevated Canadian Cannabis company" with a focus on "product and quality," education and guidance.

Facebook bans white nationalism across platforms

4 Facebook Inc. on Wednesday banned praise, support and representation of white nationalism and white separatism on its social media platforms, a shift in policy after criticism by civil rights groups that it was failing to confront extremism. The policy will be enforced next week, the social media giant said in a blog post, and will apply to both the core Facebook app and Instagram. Facebook, Twitter Inc. and Alphabet Inc.'s YouTube have been under pressure to remove white supremacist

and neo-Nazi content from their platforms, along with fake news and other types of abusive posts. In response, Facebook has beefed up its content-monitoring teams and taken down event pages that were used to promote and organize rallies by white supremacy groups. But the use of social media by those groups was again in the spotlight this month after a suspected white nationalist killed 50 people at two mosques in New Zealand and broadcast live footage of the attacks on Facebook.

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NEWS

"If these guys won't stop breaking the law by flaunting these obnoxious floating billboards in our harbor, they deserve to be sued," says one city official.

MORGAN ROUSSEAU
morgan@metro.us

New York City is suing a company for displaying Times Square-style billboards on a barge that travels along the Manhattan and Brooklyn waterfronts, saying the water-based ads defy local laws.

The de Blasio administration on Wednesday announced a lawsuit against Ballyhoo Media, Inc. seeking penalties of up to \$25,000 per violation, per day. Ballyhoo markets its ability to reach drivers on the West Side Highway

New York City suing over 'floating eyesore' billboards



BALLYHOO

and FDR Drive as well as pedestrians, cyclists, ferry passengers and residents along the water, according to city officials.

"Our waterways aren't Times Square. These floating eyesores have no place on them," said Mayor de Blasio in a prepared state-

ment Wednesday. "Ballyhoo is operating in direct violation of the law, and we are filing this suit to put a stop to it."

Ballyhoo Media describes itself as "the newest and most effective form of beach advertising." Its Facebook page is

packed with photos of its floating billboards, as well as behind-the-scenes photos taken from their NYC barge. A recent post asks, "Which woman inspires you on #InternationalWomensDay?" and shares a photo of an International Women's Day billboard

floating on the Hudson River. The ads have been spotted along city waterfronts since September 2018.

But the billboards pose a serious safety hazard on busy waterfront highways, according to city officials, who also claim the ads detract from the city's splendor.

"New York City's waterways are among our most precious public resources. Decades ago, planners had the foresight to write zoning regulations to prevent advertising on our rivers and harbor. Just because technology makes these ads more visible, doesn't make them legal," said Department of City Planning Director Marisa Lago.

Ballyhoo Media's CEO Adam Shapiro told Metro Wednesday that the city did its due diligence before launching in New York City. The company

commissioned law firms who determined it is operating in accordance with all current laws and zoning resolutions, according to Shapiro.

"We look forward to either resolving these issues with city officials, or to the judicial determination affirming our right to continue our livelihoods," Shapiro said. "Advertising along the city's waterways is not [a] new activity, Ballyhoo just happens to be the newest. We love the waterways and have developed this platform to be an asset to the community."

Multiple state and city officials weighed in on the issue in public statements Wednesday.

"These monstrosities are ugly and illegal and soon they will be a thing of the past," said City Council Member Justin Brannan.

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Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC - If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: for qualified candidates, insurances and Medicare often cover these treatments.



877-380-8537



Cardi B accepts the Best Rap Album award for "Invasion of Privacy" next to her husband Offset at the 2019 Grammy Awards.

REUTERS

Cardi B vows to be a 'better me' after defense of past crimes

The Grammy Award-winning artist admits to drugging and robbing men while she was a stripper.

Rapper Cardi B has admitted to drugging and robbing men while working as a stripper, but defended her past actions saying she had limited options at the time, and vowed to "be a better me" in the future.

The feisty "I Like It" singer, who shot to fame in the past two years, was responding in an Instagram post after a video surfaced that was recorded three years ago in which she spoke about going with men to a hotel with the expectation of sex, and drugging and robbing them.

The video sparked a backlash on social media under the hashtag #survivingcardiB, with some users comparing her past actions with male singers who have been accused of sexual

misconduct against women.

In her Instagram posting on Tuesday, Cardi B, 26, said there were "things in my past, right or wrong, that I felt I needed to do to make a living."

"I'm a part of hip-hop culture where you can talk about where you come from, talk about the wrong things you had to do to get where you are," she added.

Cardi B, who won her first Grammy Award in February, has previously spoken about working as a stripper for several years from the age of 19.

The singer said she did not put her past behavior into her music because "I'm not proud of it and feel a responsibility not to glorify it. I made the choices that I did at the time because I had very limited options."

Cardi B is married to fellow rapper Offset and the couple have a nine-month-old daughter.

"All I can do now is be a better me for myself, my family and my future," she wrote. REUTERS



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Cardi B attends the Tom Ford Spring/Summer 2019 fashion show. GETTY IMAGES

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REUTERS

Britain's Theresa May says she will quit if her Brexit deal passes

May's announcement is the latest dramatic turn in the U.K.'s Brexit crisis.

British Prime Minister Theresa May offered on Wednesday to quit to get her European Union divorce deal through parliament, but the Northern Irish party crucial to getting the vote through were unmoved and said they would reject it again.

The move by the Democratic Unionist Party (DUP), which could have convinced many rebels in May's own Conservative party to back her, made it highly unlikely that she could get her deal through at the third attempt.

Brussels had given May until Friday to get the deal through and said if she did not, it expected Britain to ask

for a longer delay to its departure from the E.U.

"We will not be supporting the government if they table a fresh meaningful vote," the DUP said in a statement. Deputy party leader Nigel Dodds made clear in a tweet that this meant they would be voting against.

"I know there is a desire for a new approach in the second phase of the Brexit negotiations — and I won't stand in the way of that."

Theresa May

While May's departure would not alter the terms of the Withdrawal Agreement, it could give Conservative euroskeptics who have opposed it a greater say in

negotiating the terms of Britain's future relationship with the E.U.

"I have heard very clearly the mood of the parliamentary party," May told a meeting of Conservative lawmakers (MPs).

"I know there is a desire for a new approach — and new leadership — in the second phase of the Brexit negotiations — and I won't stand in the way of that."

May's gesture is the latest dramatic turn in the United Kingdom's three-year Brexit crisis, but it still remains uncertain how, when or even whether it will leave the E.U.

If May does go, she will become the fourth Conservative prime minister in a row to have fallen foul of divisions over Europe within her centuries-old party, following David Cameron, John Major and Margaret Thatcher.

REUTERS



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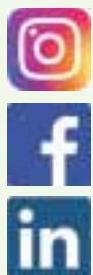
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Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTT's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

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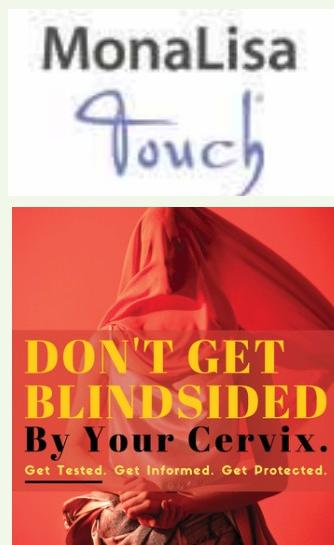
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My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

This is also why we service MonaLisa Touch which is a low energy electric therapy allowing women to have both functional and cosmetic alterations to their vagina. Especially if you feel dryness or are post menopausal, do not hesitate to come in and ask us about our minimally invasive procedures. We welcome you with open arms!



DR. TAMARA GUICHARD

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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!



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EASY

3	7			1		8		
				9	5			
			7		3	5		
	5	4					6	
9		6	1		8	7		5
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MEDIUM

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HARD

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1		9		7				
3		5	9		6			
8		6		5				1



Pat King
Grumble Editor

READER WRITE-INS:

RECKLESS DADS!
 I do not understand why fathers walk down the street carrying their toddlers on their shoulders with the child's legs wrapped around their necks. I cringe every time I see this. One trip or fall from the father and the child will go flying onto the concrete, headfirst. Let your child walk or put them in a stroller!

— Anonymous, Metro US reader



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Aries Listen to others, assess your situation and figure out how you can best use the information you've been given. Subtle changes will serve you best.



Taurus You will make your voice heard if you speak from the heart. Valuable information will be offered if you reconnect with a former co-worker or friend.



Gemini Take on what matters, but don't push yourself to the point of exhaustion. Know when to let go and when to strike. Timing is everything when it comes to success.



Cancer You can bring about positive change if you volunteer to help a cause. Take steps to improve your surroundings. Don't wait for someone else to make the first move.



Leo Don't make a change on a whim. Know what you are up against and plan your actions strategically. Following what someone else says or does will lead to a costly mistake.



Virgo Stay focused. You've got what it takes to reach your goal, as long as you don't let someone talk you into going overboard. Stick to your original plan.



Libra Be careful what you promise or agree to. Someone will take advantage of you if you are too accommodating. Learn from your mistakes and don't let yourself be exploited.



Scorpio Set your goal and don't stop until you reach your destination. Traveling, forming partnerships and making personal changes are favored. Personal gain, love and romance are heading your way.



Sagittarius Stick to what you know and do best. If someone tries to coerce you into something you shouldn't do, have enough sense to say no. Look after your own interests.



Capricorn It's time for a change. Consider what is working for you and what isn't, and replace the negatives with positives. Life is about choices, so make a good one.



Aquarius Don't let anger take charge or allow anyone to take advantage of you. Focus on what's best for you and proceed quietly until you have reached your goal. Put yourself first.



Pisces Involvement in self-help groups and volunteering your time for a cause you believe in will lead to interesting connections. A reunion will open doors that were closed in the past. **EUGENIA LAST**



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Luenell Campbell talks Showtime's new show "Funny Women Of A Certain Age"



MOLLY GIVEN
Molly.Given@metro.us

If you're a fan of insanely uninhibited, raw and relatable comedy, Showtime has got the show for you. The network partnered with comedian Carole Montgomery to break barriers with "Funny Women of a Certain Age." The show features all women, all over the age of 50 and all fabulous.

Luenell Campbell is one of the talented female comics gracing the stage with her stand-up and she gave Metro the scoop on what to expect from the new show, how 50 is the new 35 and why women in comedy still need to fight for the opportunities they deserve.

How did you get involved with "Funny Women at a Certain Age"?

Purely because Carole Montgomery—who is the brainchild of all of this—reached out to me. I wasn't real familiar with her before, but she

Comedy with no expiration date



Luenell Campbell stars in Showtime's new all-female driven comedy show. ALL PHOTOS GETTY IMAGES

reached out to me and that's how I got involved.

What were your initial thoughts when you heard the show was an all-female cast?

I was very much on board. Because this has never been done before— all females over 50. That's the important thing to note because that's why it's called "Funny Women Of A Certain Age." I was very excited about that because I feel that we have to put good images out there about what 50 looks like these days. 50

is not 80, 50 is not 90, 50 is more like 35 or 40. That's the new 50, and I thought that was very exciting.

Do you think there is still a stigma regarding female comedians?

There's a huge stigma still. Just the fact that they still think women don't draw people in. I sell out a lot of places that I go too. They think women are not as funny as guys and they certainly don't pay us what we're worth. **Throughout the years, how has your comedy**

"I was very excited about that because I feel that we have to put good images out there about what 50 looks like these days. Fifty is not 80, 50 is not 90. Fifty is more like 35 or 40. That's the new 50, and I thought that was very exciting."

changed?

I think that after having a child and being married and getting older, having ailments set in and weight set in my comedy is more relatable

now than it ever was.

What are some of your career high points and low points?

Well, high points have always been working

with wonderful people that you admire and have looked at and never thought you would get to meet. Working with Sandra Bullock, working with Adam Sandler, working with Sacha Baron Cohen and working with Will Packer who did "Think Like A Man" 1 and 2 and all the stars involved with that film. Also doing voice-over work for animation, acquiring my residency in Las Vegas recently those have been very high points for me. Some of the low points have been being a mother and missing my daughter's prom, not being around when she was sick, not being around when the time came to fill out paperwork for college, things like that have been the low points to me.

Everyone in the cast is extremely talented; Carole Montgomery knocked it out of the park with the lineup. Are there any female comedians you would bring in if you made your own lineup?

Sure, I could name people that you probably don't know exactly who they are.

I like this Christian comedian named, well we used to call her Small Fry, her name now changed to Small Fire. She's the funniest Christian comic I have ever heard in my entire life—

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she's so funny. I'm also a fan of Torrei Hart, who is Kevin Hart's ex-wife. I like Sherri Shepherd and Kym Whitley, I'm not sure if they're exactly women I would put on tour if I used them together but they are certainly women that I admire and like.

You know, I do have to say if I really had to put my dream team together, part of it can't happen because Joan Rivers is already gone. But I would have Joan Rivers, and I would have Roseanne—all the politics excluded and just the comedy of yesteryear.

So Joan and Roseanne and myself and maybe Marsha Warfield, who's very funny and also has a residency in Las Vegas right now. I like the older comics anyway, more so than the newer ones.

Overall what can audiences expect from the show?

I think the title says it, just funny women of a certain age. It depends on the audience that you're speaking to but I hope everyone will watch it, men included. This is not a show done by women only for wom-

en, this is a show done by women for everyone. It's just funny, it's not for straight people, it's not for black or white. It's just funny and everybody can benefit from watching it and find out that there are funny women out here who are making a steady living talking into a microphone.

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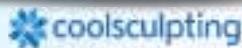
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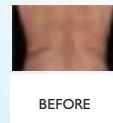
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PROVIDED

Plan a couple's getaway to St. Lucia at the *Coconut Bay Beach Resort & Spa*



PAT KING
patrick.king@metro.us

While it seems as though winter is taking its sweet time clearing out of the East Coast for spring to revitalize our cold bones, it might be the perfect time to plan a quick little getaway to remind yourself that warmer weather is, you know, still a real thing.

Coconut Bay Beach Resort & Spa in Vieux Fort, Saint Lucia is just what the doctor ordered to wipe away your winter blues.

Located just five minutes from the Hewanorra International Airport, there will be no delay in starting your warm adventure as soon as you arrive at Saint Lucia's award-winning premium all-inclusive resort. And what an adventure it will be!

For those who choose to make this a romantic getaway, there are really few places quite as magical as Saint Lucia with its world-famous Pitons and, if you dare, a drive-in vol-

cano!

In fact, the Harmony wing at the Coconut Bay Beach Resort & Spa is the perfect experience for couples as it is completely adults-only, featuring two pools with wait service, hammocks and sun tracker beds for two, and an oceanfront Spa. Delicious premium cocktails are available to guests wherever they choose to unwind and are served at pools from the Harmony Bar.

During their stay, Harmony couples will be treated to sweeping ocean views in both the Concierge Junior Suites and Concierge Premium Ocean View rooms featuring their own private balconies, Wi-Fi, turndown service, and personalized mini-bars.

Once you leave your room, you will find that the perks at this resort are endless. With nine restaurants that serve unlimited à la carte and buffet-style menus and seven different bars offering libation you are in the mood for, Coconut Bay Beach Resort



KIKOR

& Spa has you covered.

When you've had your fill, you can head down to the resort's award-winning CocoLand Waterpark for a trip around its relaxing Lazy River or a lightning fast trip down the Coconut Cannon slide and splash into the CocoLand Plunge Pool.

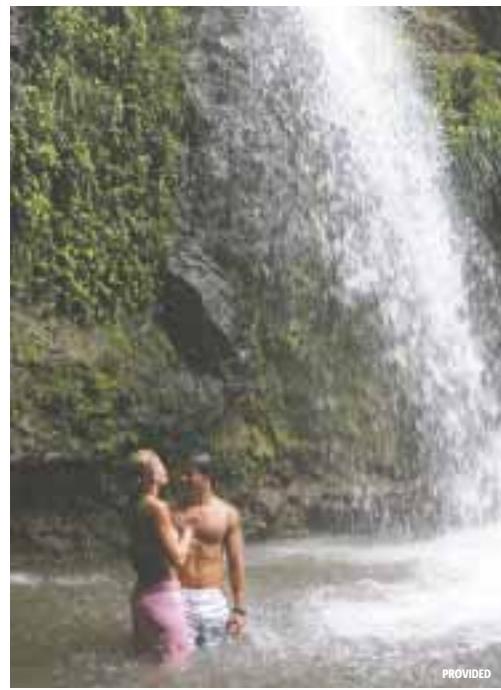
If you feel like exploring, the resort offers horseback and Segway rides so that you can check out the 85-acre property and its mile-long beach, tropical gardens, and panoramic ocean views.

And if relaxing at the resort isn't quite helping you get rid of your woes

from back home, a round of capture the flag at the resort's 25,000 square-foot paintball course will help surely help before you head poolside or beachside for another cocktail.

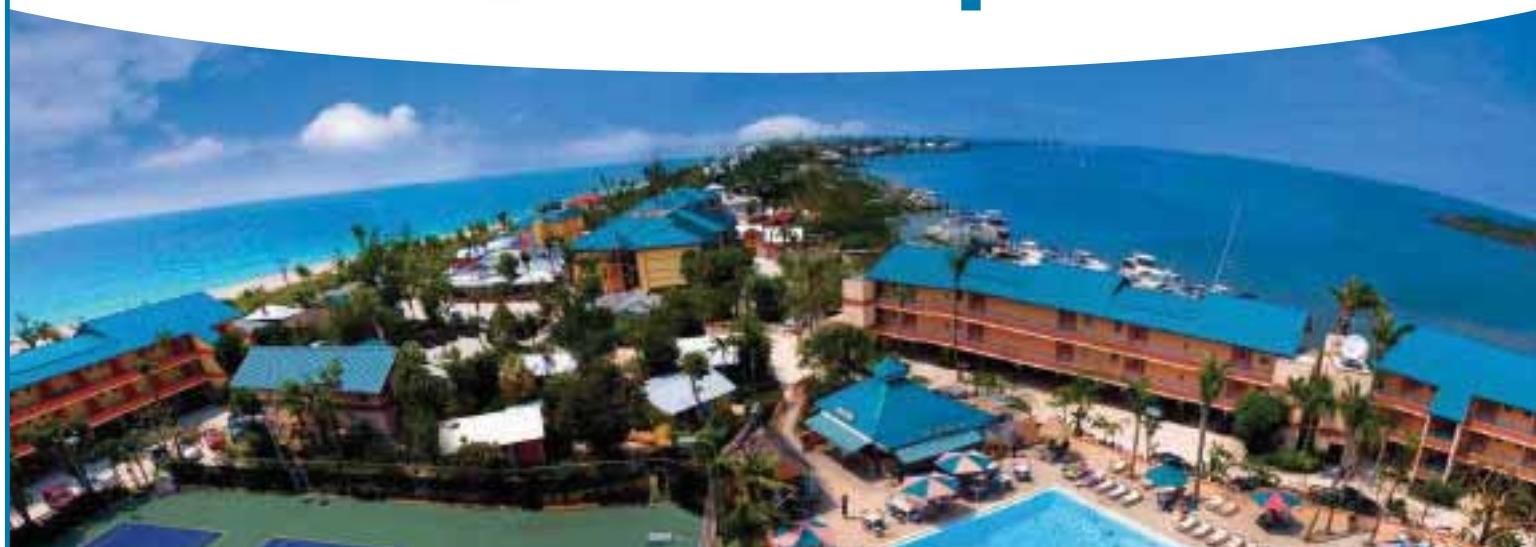
And as you're in one of the world's most picturesque islands you should definitely explore Saint Lucia. The concierge at Coconut Bay Beach Resort & Spa can set you up with myriad activities including trips to the world-famous Pitons, a UNESCO World Heritage Site, a breathtaking catamaran ride with snorkeling, a zipline, a drive-in adventure through a volcano, playing in a mud bath, swimming in a waterfall, a stroll through the rainforest, and a plantation tour by ATV.

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Christof Putzel demands the truth on Travel Channel's 'Mission Declassified'

The celebrated journalist tells us about his new show and the big questions he's dying to answer.



PAT KING
patrick.king@metro.us

Journalist Christof Putzel doesn't like not being able to see the whole picture. Through almost 20 years as an investigative journalist and documentarian, most notably with Current TV and Al Jazeera, his work has taken him all over the globe in search of answers to some of life's unanswered questions. With his new show on Travel Channel, "Mission Declassified," Putzel continues this work by looking back at some of history's most frustrating unanswered cold cases such as the escape from Alcatraz, the real identity of hijacker D.B. Cooper,

and the Lindbergh baby kidnapping.

According to Putzel, he was pretty apprehensive at first when he was approached to do the show.

"I've been an investigative journalist for almost 20 years now and I've done documentaries from around the world in all kinds of news," says Putzel. "I was working with this production company who had this idea of doing the show on Travel Channel, which would be me looking into cold cases. Some of the most famous cases like D.B. Cooper, escape from Alcatraz. My reaction at first, to be perfectly honest, was 'Come on, are we really breaking the table with these stories that have been looked at so many times before?'"

All of Putzel's skepticism started to wash away as he and his team started to research their first assignment: The es-



Host Christof Putzel going through declassified FBI documents in his hotel room, as seen on Travel Channel's "Mission Declassified." **PROVIDED**

cape from Alcatraz. In their findings, they were able to find evidence debunking the long-held belief that prisoners Frank Morris and brothers John and Clarence Anglin had drowned as they tried to swim ashore to the San

Francisco Bay after breaking free from the prison in the summer of 1962. Putzel and his team were able to find — through declassified FBI files, their own findings, and other sources — evidence placing these convicts in Bra-

zil after their escape and even traveled abroad to chase down their leads.

While Putzel is tirelessly making his way through the backlog of some of the world's most infamous unsolved mysteries, are there any cold cases that he would like to see solved during his lifetime? That is, if he can't get to them on his show, of course. With so many choices, Putzel feels obligated to do his family proud.

"I think one story that I've been passionate about for my whole life that we actually got to dig into was the Lindbergh baby kidnapping," explains Putzel. "My grandfather [Samuel G. Blackman] broke that story and went to his grave believing that he got it correct. That it being executed that the crime was pinned on. Just having that on his conscience for the rest of his life, you know, I think it takes the passage of time to go look in and revisit some of these stories. And that one we're still trying to get to the bottom of. I think we've moved the needle quite a ways."

New episodes of "Mission Declassified" premiere on Travel Channel every Sunday at 10 p.m.

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SPORTS

Metro New York previews the 2019 Mets season on Opening Day.



JOE PANTORNO

joseph.pantorno@metro.us

It might not be as supernatural as the "Miracle Mets" of 1969, but a World Series in 2019 might be as improbable for the Amazin's.

The New York Mets open their regular season in Washington against the Nationals where we will get to see if new general manager Brodie Van Wagenen was able to back up his bold prediction of the New York Mets being the class of the National League East.

The Mets are competing within one of the toughest divisions in baseball, with the top four teams (Mets included) holding promising chances to come out on top.

Van Wagenen had to show more aggression on the market than most general managers over the past two decades, but the former agent came away with a solid haul despite the perceived stubbornness from ownership to go out and buy good players.

The offseason yielded upgrades at a number of positions and Van Wagenen started his

Mets chasing the improbable on golden anniversary of 'the miracle'

tenure off with a bang by acquiring veteran second baseman Robinson Cano and the game's best closer last year, Edwin Diaz, from the Seattle Mariners.

Upgrades also came at catcher with the signing of Wilson Ramos while infielder Jed Lowrie was looked upon as the possible Opening Day third baseman before injuries struck.

The new faces join a familiar cast of names attempting a 77-85 season, the second straight losing campaign experienced by the organization after two successive trips to the playoffs, in 2015 and 2016.

With the clock ticking on some of the franchise's best players, including the prime years of star pitchers like reigning NL Cy Young Award winner Jacob deGrom and his No. 2, Noah Syndergaard, the Mets will live and die by their pitching, like a majority of their existence.

This time around, though, there is hope that the offense will be able to come up with a bit more support compared to last year, especially when referring to deGrom.

Here is how Metro sees the Mets' 2019 season playing out while providing our readers with a guideline on some of the biggest names and stories to watch.

PREDICTED 2019 NL EAST FINAL STANDINGS

PHILADELPHIA PHILLIES: 93-69
WASHINGTON NATIONALS: 90-72
ATLANTA BRAVES: 89-73
NEW YORK METS: 87-75
MIAMI MARLINS: 64-98

METS AVG LEADER: WILSON RAMOS (.294)
METS HR LEADER: MICHAEL CONFORTO (30)
METS RBI LEADER: MICHAEL CONFORTO (88)
METS ERA LEADER: JACOB deGROM (2.53)



**OPENING DAY
AT NATIONALS
1:05 PM ET, SNY**



2019 METS PROJECTED 25-MAN OPENING DAY ROSTER

PITCHERS

LUIS AVILAN
JACOB deGROM
EDWIN DIAZ
JEURYS FAMILIA
ROBERT GSELLMAN
SETH LUGO
SEVEN MATZ
TIM PETERSON
NOAH SYNDERGAARD
JASON VARGAS
ZACK WHEELER
JUSTIN WILSON

CATCHERS

TRAVIS d'ARNAUD
WILSON RAMOS

INFILDEERS

PETE ALONSO
ROBINSON CANO
JD DAVIS
LUIS GUILLORME
JEFF MCNEIL
AMED ROSARIO
DOMINIC SMITH

OUTFIELDERS

KEON BROXTON
MICHAEL CONFORTO
JUAN LAGARES
BRANDON NIMMO

Pete Alonso, Robinson Cano to bring new pop to Mets infield

Mets fans will finally get to see Pete Alonso up with the big club, the 24-year-old first baseman powering his way to the Opening Day roster.

The Amazin's are ready to unleash Alonso on Major League Baseball following a jaw-dropping 11 months of play within the organization's system.

Alonso is the Mets' reigning Minor League Player of the Year after hitting 36 home runs with 119 RBI in a combined 132 games between double-A and triple-A.

The Mets cited Alonso's defense as the reason why he wasn't called up to the majors during the final weeks of the season.

Heading into spring training, it was originally believed that Alonso would make the MLB roster, but would be held in the minors for the first few weeks to ensure the Mets would get one



Pete Alonso proved that he should be with the Mets on Opening Day.
GETTY IMAGES

more service year out of him before hitting free agency.

Alonso never got the memo as he forced the Mets to make sure he would be in the majors to start 2019. In 21 spring-training games, Alonso slashed .368/.394/.647 with four home runs and 11 RBI,

beating out Dominic Smith — who had an impressive spring himself — for the starting first-base job.

He is just one-half of the Mets' new-look right side of the infield as veteran second baseman Robinson Cano is looking for a fresh start in New York.

At 36 years old, Cano is still expected to be one of the better hitters in the game despite a 2018 season in which he was suspended 80 games for violating the league's substance-abuse policy.

He still managed to bat .303 in 80 games with the Seattle Mariners last season with 10 home runs and 50 RBI. That kind of production over a full season will be a huge addition to the Mets' lineup in 2019, especially with veterans like Todd Frazier and Jed Lowrie — both favorites for the third-base job — out to start the season because of injury.

2019 METS PROJECTIONS: CATCHERS AND INFILDEERS

STARTERS

WILSON RAMOS (C)-.294 BA, 15 HR, 60 RBI
PETE ALONSO (1B)-.250 BA, 25 HR, 72 RBI
ROBINSON CANO (2B)-.292 BA, 22 HR, 80 RBI
JEFF MCNEIL (3B)-.290 BA, 13 HR, 47 RBI
AMED ROSARIO (SS)-.257 BA, 11 HR, 48 RBI

RESERVES

TRAVIS D'ARNAUD (C)**-.246 BA, 7 HR, 38 RBI
DOM SMITH (1B/OF)-.243 BA, 11 HR, 44 RBI
JD DAVIS (IF)-.275 BA, 8 HR, 31 RBI
JED LOWRIE (2B/3B)**-.269, 15 HR, 65 RBI
TODD FRAZIER (3B)**-.210, 17 HR, 55 RBI

** DENOTES INJURED PLAYER

Conforto could have breakthrough year in '19

2019 METS PROJECTIONS: OUTFIELDERS

STARTERS

MICHAEL CONFORTO (RF).255 BA, 30 HR, 88 RBI
BRANDON NIMMO (LF).267 BA, 17 HR, 55 RBI
JUAN LAGARES (CF).270 BA, 3 HR, 24 RBI

RESERVES

KEON BROXTON (CF).225 BA, 10 HR, 32 RBI
JEFF MCNEIL (OF/INF).290 BA, 13 HR, 47 RBI
DOMINIC SMITH (OF/1B).243 BA, 11 HR, 44 RBI

Now is the time for outfielder Michael Conforto to put all the pieces together.

Entering his fourth full MLB season, the 26-year-old has yet to prove that he can hit for power and average simultaneously for considerable stretches.

Conforto's power returned last season following an injury-shortened 2017 campaign in which he batted .279 with 27 home runs — which proved to management that he can cut it in the majors after hitting just .220 in 109 games in 2016. While he blasted 28 home runs last year, including 14 in the final 48 games of the season, his average dipped to .243.

The low mark caused many to ask questions about his approach at the plate as he looked tentative following his return from a dislocated shoulder that he suffered by simply fouling off a pitch that ended his promising 2017 season.



Michael Conforto is poised for the strongest season of his career. GETTY IMAGES

There should be no such questions this season after the spring training he's pieced together.

Conforto led the Mets with five home runs and 14 RBI in 19 games, including a streak of four straight games with a round-tripper.

The Mets would gladly take his spring slash line as well at .276/.323/.552 as the organization looks to ensure there will be offensive production from its outfielders with Yoenis Cespedes likely out for the season.

Add the possibility of 30 home runs and the Mets will likely roll with Conforto as their cleanup man as 2019 starts up.

Conforto and Brandon Nimmo, who had the league's fourth-highest on-base percentage last year, will be mainstays in the Mets' outfield while Juan Lagares and Keon Broxton are set to split time in center field.

Mets' success will come from pitching again

From Seaver and Gooden to Leiter and deGrom, the rare stretches of success attained by the Mets have always been built on starting pitching.

Once again, that will be the case in 2019 as the Mets' hopes of competing for a National League East title will rest on the arms of their rotation.

Jacob deGrom finally received his contract extension, a five-year, \$137.5 million deal, on Tuesday following his brilliant 2018 Cy Young Award-winning season in which he posted a 1.70 ERA with 269 strikeouts and just 46 walks.

The 30-year-old is now guaranteed to stay in Queens until the 2022 season at the earliest (possible opt-out).

It smooths over what seemed to be a growing rift between fellow star pitcher Noah Syndergaard and management after the fireballer bashed the organization for not getting something done for deGrom this offseason.



Jacob deGrom is an early favorite to repeat as the NL Cy Young Award winner in 2019. GETTY IMAGES

Syndergaard will be a free agent after the 2021 season and was likely keeping close tabs on the situation to get an idea of what he'll have to deal with when it's his turn to try and stay with the Mets.

DeGrom and Syndergaard, should they stay healthy, will be among the best one-two punches in Major League Baseball in 2019. It could become one of the best trios should Zack Wheeler continue to feed off his stellar finish to the 2018 season.

The 28-year-old, who finally looks healthy after missing the entire 2015 and 2016 seasons after undergoing Tommy John surgery, went 9-1 with a 1.68 ERA in his final 11 starts of 2018.

Behind him, the Mets have a pair of lefties who will be keen on proving their worth in 2019.

Steven Matz is running out of chances to prove to the Mets that he can contribute to the rotation. Injuries have derailed the 27-year-old New York native's development in the majors as he's failed to find any sort of consistent success. Since the start of the 2017 season, Matz is 7-18 with a 4.61 ERA.

The same goes for veteran southpaw Jason Vargas, who had a disastrous start to his second stint with the Mets in 2018. The 36-year-old sported an 8.10 ERA over his first 13 starts of the season, but rebounded nicely in his final seven outings, going 5-1 with a 2.56 ERA.

They'll be supported by a bullpen that expects to take a considerable leap forward in 2019. Van Wagenen's first big move as Mets GM back in December yielded closer Edwin Diaz, who led the majors with 57 saves to go with a 1.96 ERA. His setup man will be a familiar face around Citi Field as former closer Jeurys Familia made his return to the Mets. He will be the eighth-inning man ahead of converted starters Robert Gsellman and Seth Lugo.

2019 METS PROJECTIONS: PITCHERS

STARTERS

JACOB DEGROM- 17-8, 2.53 ERA, 255 K'S

NOAH SYNDERGAARD- 16-9, 3.13 ERA, 185 K'S

ZACK WHEELER- 12-7, 3.49 ERA, 168 K'S

STEVEN MATZ- 7-12, 4.19 ERA, 145 K'S

JASON VARGAS- 9-10, 4.02 ERA, 122 K'S

BULLPEN

EDWIN DIAZ- 2.14 ERA, 41 SAVES

JEURYS FAMILIA- 3.31 ERA, 75 K'S

JUSTIN WILSON- 3.40 ERA, 69 K'S

SETH LUGO- 3.28 ERA, 78 K'S

ROBERT GSELLMAN- 4.02 ERA, 55 K'S

HECTOR SANTIAGO- 5.13 ERA, 60 K'S

LUIS AVILAN- 2.96 ERA, 53 K'S

TODAY METS OPENING DAY



deGrom

11:30 AM
PRE GAME

1:00 PM
METS VS NATIONALS

4:30 PM
POST GAME

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SCHERZER

Take cover: World Series or bust for power-hungry Yanks in '19

Metro New York previews the 2019 Yankees season on Opening Day.

 JOE PANTORNO
joseph.pantorno@metro.us

As always, expectations are high for the New York Yankees this season. That's the burden that comes with being the wealthiest, most historic franchise in Major League Baseball.

However, Hal Steinbrenner took a more frugal approach when it came to fine-tuning the roster during the winter.

General manager Brian Cashman opted not to make a big splash by signing the likes of Manny Machado or Bryce Harper. He didn't do much to fix up his starting rotation, either, making the trade for James Paxton the lone change for a unit that struggled in 2018.

But the Yankees aren't built on starting pitching. No, this is a franchise predicated on power both in the batter's box and coming out of the bullpen.

The Bronx Bombers are expected to fully live up to their tagline once again this season as they challenge the record for most home runs hit in a season... which was set by them last year.

Aaron Judge and Giancarlo Stanton will get another shot at living up to the hype of being the most prolific home-run-hitting duo in the game while the likes of Gleyber Torres, Miguel Andujar, and Gary Sanchez are expected to step up in a big way to put the Yankees over the top.

It's World Series or bust for the Yankees, who kick off their 2019 MLB season today at home against the Baltimore Orioles; an easy way to begin an encore of a 100-win season last year.

While a dogfight is expected with the arch-rival Boston Red Sox, there will be plenty of eyes fixated on the managing of Aaron Boone, who will be tasked in getting the best out of a stacked roster.

Here is what to watch for as we prepare for the first pitch of the 2019 Major League Baseball season.

PREDICTED 2019 AL EAST FINAL STANDINGS

NEW YORK YANKEES: 99-63

BOSTON RED SOX: 97-65

TAMPA BAY RAYS: 85-77

TORONTO BLUE JAYS: 74-88

BALTIMORE ORIOLES: 60-102

2019 PLAYOFF PREDICTIONS

YANKEES def. INDIANS IN ALDS

ASTROS def. YANKEES IN ALCS

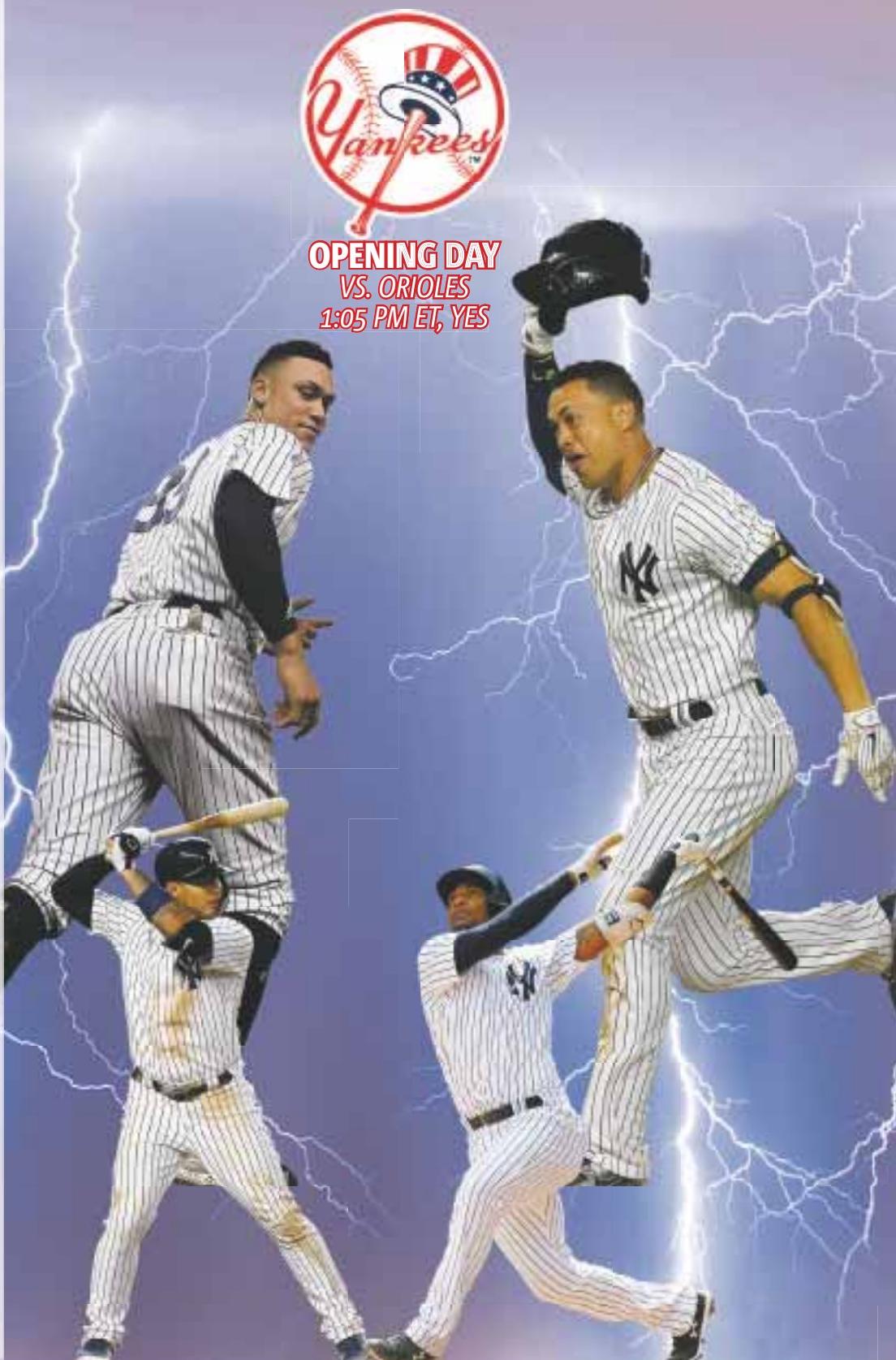
ASTROS def. DODGERS in WORLD SERIES

2019 AVG LEADER: MIGUEL ANDUJAR (.284)

2019 HR LEADER: GIANCARLO STANTON (42)

2019 RBI LEADER: GIANCARLO STANTON (104)

2019 ERA LEADER: LUIS SEVERINO (3.06)



'Bronx Yard Work' in progress for Stanton, Judge

On the week of Opening Day, Yankees sluggers Aaron Judge and Giancarlo Stanton formed the "Bronx Yard Work Company," a catchy tagline for Major League Baseball's most powerful team.

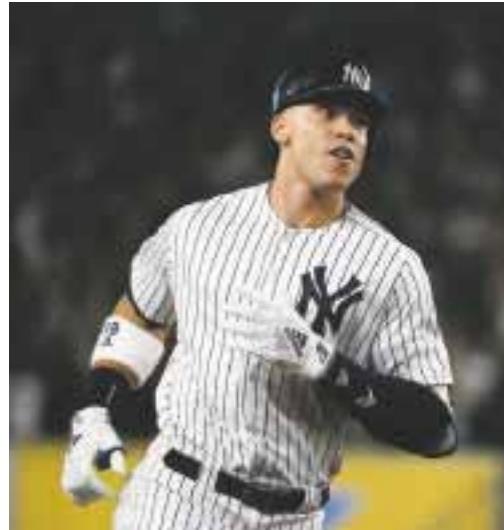
After all, the Yankees did set an MLB record with 267 home runs last season.

However, it was an underwhelming season from the two most notable names inside the Yankees lineup in Judge and Stanton.

After jacking 59 home runs in 2017 with the Miami Marlins, Stanton had many believing that he could challenge the single-season home run record in the hitter-friendly Yankee Stadium.

Alongside Judge, who was coming off a 52-home-run rookie campaign, it wasn't out of the realm of possibilities that the two could combine for 100 home runs in a season.

That didn't happen.



Aaron Judge is expected to have a monster year in 2019. GETTY IMAGES

Limited by injuries, Judge had just 27 round-trippers, tied with three others for second on the team. Granted, it came in just 112 games, which actually had the 26-year-old on a 40-home-run pace if he played close to a full

162-game season.

It was right around the pace also set by Stanton, who managed to stay healthy for most of the season. Yet the artist formerly known as "Mike" had 21 fewer home runs in 2018, re-

cording 38. That's still an impressive number, yet disappointing for many who placed some rather unfair expectations on his shoulders.

And Yankees fans had no issues making their displeasures heard. Stanton was booed mightily throughout the season, most notably as their season ended in the ALDS against the arch-rival Red Sox after striking out in the bottom-of-the-ninth in Game 4 with the Yankees trailing 4-3.

Stanton will be keen on winning over the Bleacher Creatures and will have a much better chance to do so if Judge remains in the lineup. However, don't expect the two to have 50-plus-home-run seasons.

The Yankees official site has Stanton starting the season in left field and veteran Brett Gardner slotting in center until Aaron Hicks returns from injury. Judge will remain in right field.

2019 YANKEES PROJECTIONS: OUTFIELDERS

BRETT GARDNER (CF/LF*)

.255 BA, 10 HR, 35 RBI

AARON JUDGE (RF*)

.275 BA, 40 HR, 101 RBI

GIANCARLO STANTON (OF/DH*)

.262 BA, 42 HR, 104 RBI

AARON HICKS** (CF)

.258 BA, 21 HR, 60 RBI

* DENOTES STARTER

** DENOTES INJURED PLAYER

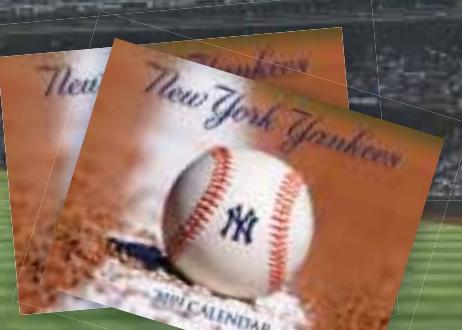
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Which Gary Sanchez will we see in 2019?

While all eyes are going to be on the Yankees this year, there is going to be a magnifying glass on catcher Gary Sanchez.

The 26-year-old had a nightmare of a 2018 season in which he was a liability both at and behind the plate.

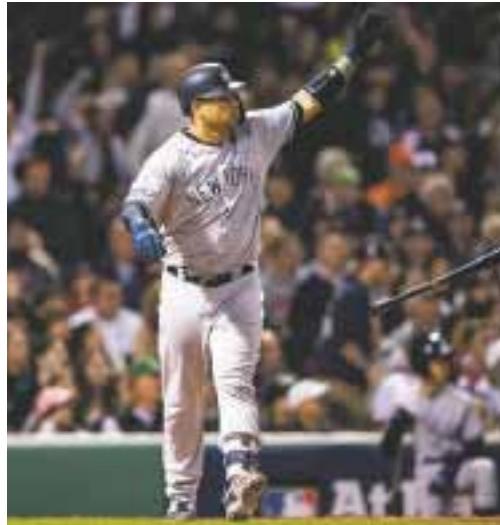
Two years ago, Sanchez held the promise of developing into one of the Yankees' best all-around hitters when he slashed .278/.345/.531 with 33 home runs and 90 RBI in 122 games in 2017.

The wheels fell off in 2018, which was limited to just 89 games because of injuries.

Defensively, Sanchez allowed an MLB-worst 18 passed balls in just 76 games behind the plate.

Yet his offense was even worse as he slashed just .186/.291/.406 with 18 home runs and 53 RBI. It was a puzzling display in a Yankees lineup that offered Sanchez even more protection compared to the season before.

Giancarlo Stanton joined Aaron Judge as the Bronx's version of the Bash Brothers while Aar-



Yankees catcher Gary Sanchez has a lot to prove in 2019. GETTY IMAGES

on Hicks, Gleyber Torres, and Didi Gregorius all hit 27 home runs in 2018.

The offseason brought about rumors of the organization being done with Sanchez, his name being included in trade talks in such deals that would have yielded a player like JT Realmuto.

Yet Sanchez is the starting backstop once again in 2019 and will

still have high expectations set upon his shoulders. Should he revert to his 2017 form, the Yankees lineup becomes even more imposing.

If the struggles continue, we could be looking at the premature end of Sanchez's time in New York.

On the infield, the Yankees will start the season with Luke Voit at first

base while Greg Bird returns to health. Voit will have the difficult task of replicating his start with the Yankees after being acquired last summer when he hit 14 home runs in just 39 games.

The young Gleyber Torres and Miguel Andujar remain the future of the Yankees at second and third base. Both bats hold the promise of a home-run output in the mid-20s, though Andujar's glove remains a major question at the hot corner.

At shortstop, veteran Troy Tulowitzki will get his chance to prove that he can still produce in the majors after the Toronto Blue Jays bought his massive contract out. He will serve as the starter until Didi Gregorius returns from his recovery from Tommy John surgery.

Fellow veteran DJ LeMahieu, just three years removed from winning the National League batting title with the Colorado Rockies, will provide the Yankees with a proven offensive presence in the form of a utility infielder.

2019 YANKEES PROJECTIONS: CATCHERS AND INFILDELDERS

STARTERS

GARY SANCHEZ (C*)-.253 BA, 32 HR, 85 RBI
LUKE VOIT (1B*/DH)-.265 BA, 20 HR, 60

RBI

LEYBER TORRES (2B*)-.272 BA, 26 HR, 84
RBI

MIGUEL ANDUJAR (3B*)-.284 BA, 24 HR, 88 RBI

TROY TULOWITZKI (SS*)-.242 BA, 12 HR, 40 RBI

RESERVES

AUSTIN ROMINE (C)-.234 BA, 7 HR, 32 RBI

GREG BIRD (1B)**-.202 BA, 9 HR, 36 RBI

DJ LEMAHIEU (2B/DH)-.285 BA, 7 HR, 45

RBI

DIDI GREGORIUS (SS)**-.273 BA, 11 HR, 39

RBI

* DENOTES STARTER

** DENOTES INJURED PLAYER

With rotation problems, Yankees will lean on bullpen

There's no denying that the largest weakness on a 100-win Yankees team last season was its starting pitching.

Luis Severino's second-half struggles turned him from ace to liability while the depth behind him for most of the season in Masahiro Tanaka, CC Sabathia, and Sonny Gray were inconsistent.

JA Happ provided a solid stopgap for the stretch run after the trade deadline, going undefeated to close out the regular season while in a Yankees uniform. Though his postseason wasn't nearly as fruitful when he was rocked for five runs in two innings of work in the ALDS against the Red Sox.

It made upgrading the starting rotation a top priority for the Yankees, which they attempted to do this offseason with the acquisition of James Paxton from the Seattle Mariners.

The problem is that Paxton was the lone big name added to the rotation and might not be enough to put the starting rotation over the top as there are plenty of questions surrounding his game.

Now Paxton will be the Yankees ace while Severino heals up from shoulder inflammation that robbed him of a majority of spring training. He joined Sabathia on the injured list to start the season as the veteran southpaw recovers from heart and knee surgery.

Suddenly, the Yankees are looking at the first month of the 2019 season with Tanaka as their No. 2, Happ as their No. 3, and some combination of either Luis Cessa, Domingo German, Jonathan Loaisiga, and veteran Gio Gonzalez to round out the staff.

But as shaky as the rotation seems, the Yankees still have the top bullpen

in baseball.

New York is stacked with late-inning talents such as Zach Britton, newly-signed Adam Ottavino, Chad Green, currently-injured Dellin Betances, and closer Aroldis Chapman.

The insurance out of

the pen will allow the Yankees to piece together short outings for their starters should they show signs of faltering. It also makes the Yankees seemingly unbeatable should they hold a lead late in games.

2019 YANKEES PROJECTIONS: PITCHERS

STARTERS

JAMES PAXTON

12-7, 3.43 ERA

MASAHIRO TANAKA

10-8, 3.89 ERA

JA HAPP

13-6, 3.65 ERA

DOMINGO GERMAN

4-7, 4.21 ERA

LUIS CESSA

2-6, 4.92 ERA

JONATHAN LOAISIGA

5-4, 3.99 ERA

CC SABATHIA**

7-5, 4.12 ERA

LUIS SEVERINO**

12-5, 3.06 ERA

BULLPEN

AROLDIS CHAPMAN

35 SAVES, 2.28 ERA

ADAM OTTAVINO

2.33 ERA, 90 K'S

ZACH BRITTON

2.13 ERA, 42 K'S

CHAD GREEN

2.76, 98 K'S

JONATHAN HOLDER

3.11 ERA, 59 K'S

TOMMY KAHNLE

3.03 ERA, 44 K'S

DELLIN BETANCES**

2.08 ERA, 92 K'S

** DENOTES INJURED PLAYER

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Attorney for Plaintiff(s)
Knuckles, Komosinski & Manfro, LLP,
565 Taxter Road, Suite
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Attorney (s) for Plaintiff (s).
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which is also the principal
business location. Purpose:
Any lawful act or activity.

NOTICE OF FORMATION
of 18 Cedar Brother LLC
Articles of Org. filed with
Secy. of State of NY (SSNY)
on 07/10/2018. Office
location: Kings County.
SSNY designated as agent
of LLC upon whom process
against it may be served.
SSNY shall mail process
to: C/O The LLC, 174 Ave.
S, Brooklyn, NY 11223
which is also the principal
business location. Purpose:
Any lawful activity.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank,
National Association, Plaintiff
AGAINST Walter Wright a/k/a
Walter D. Wright; Sabrina
Wright; et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly
dated October 3, 2018, the
undersigned Referee will sell
at public auction at the Queens
County Supreme Courthouse,
Courtroom #25, 88-11 Suplin
Boulevard, Jamaica, NY on
April 26, 2019 at 10:00AM,
premises known as 118-39 234th
Street, Cambria Heights, NY 11411.
All that certain plot piece or parcel
of land, with the buildings and
improvements erected, situate,
lying and being in the Borough
and County of Queens, City and
State of NY,
Block 12771 Lot 25.
Approximate amount of judgment
\$543,809.58 plus interest and
costs. Premises will be sold subject
to provisions of filed Judgment
Index# 701479/2015.
William T. Driscoll, Esq.,
Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 430-4792
Dated: March 8, 2019
61838

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
Wells Fargo Bank N.A.,
Plaintiff AGAINST Jaime C.
Santos a/k/a Jaime Santos;
et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly dated
March 18, 2018, the undersigned
Referee will sell at public auction
at the Queens County Supreme
Courthouse, Courtroom #25,
88-11 Suplin Boulevard, Jamaica,
New York on April 5, 2019 at
10:00AM, premises known as
32 11 81st Street, Jackson Heights,
NY 11370. All that certain plot
piece or parcel of land, with the
buildings and improvements
erected, situate, lying and being
in the Borough and County of
Queens, City and State of NY,
Block 1177 Lot 77.
Approximate amount of
judgment \$1,075,447.80 plus
interest and costs. Premises
will be sold subject to
provisions of filed Judgment
Index# 21482/2009.
James Di Michele, Esq.,
Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile crossing Boulevard
Rochester, NY 14624
(877) 430-4792
Dated: February 11, 2019
61510

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for On Premise Liquor Has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at 495 3rd Ave., New York,
NY 10016. New York County, for
on premises consumption. Vago
34 Corp. d/b/a Vago.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK,
NATIONAL ASSOCIATION,
Plaintiff against MARGARET
DENNIS A/K/A MARGARET
L. DENNIS INDIVIDUALLY
AND AS TRUSTEE OF THE
LIVING TRUST OF MARGARET
DENNIS AND AS TRUSTEE OF
THE LIVING TRUST OF
WINSTON DENNIS, et al Defendants
Attorney for Plaintiff(s)
McCalla Raymer Leibert Pierce, LLC,
420 Lexington Avenue, Suite 840,
New York, NY 10170
Attorney(s) for Plaintiff(s).
Pursuant to a Judgment of
Foreclosure and Sale entered
February 1, 2018, I will sell at public
auction to the highest bidder at the
Queens County Supreme Court,
88-11 Suplin Blvd., Jamaica,
New York 11435, in Courtroom #25 on
April 12, 2019 at 10:00 AM. Premises
known as 137-12 Sloan Street,
Springfield Gardens, NY 11413.
Block 13027 Lot 52.
All that certain plot, piece or parcel
of land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough and County of Queens,
City and State of New York.
Approximate Amount of Judgment
is \$713,502.88 plus interest and
costs. Premises will be sold subject
to provisions of filed Judgment
Index No 22730-13.
Alan Kestenbaum, Esq., Referee
9926-4275

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
HSBC Bank USA, National
Association, as Trustee for the
benefit of Nomura Home Equity
Loan, Inc., Asset-Backed
Certificates, Series 2006-FM1,
Plaintiff AGAINST Juana
Espinol; et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale
dated April 16, 2018 I, the
undersigned Referee will sell at
public auction at the Queens
County Supreme Courthouse,
Courtroom #25, 88-11 Suplin
Boulevard, Jamaica, New York on
April 26, 2019 at 10:00AM,
premises known as 97-46 76th
Street, Ozone Park NY 11416.
All that certain plot piece or
parcel of land, with the buildings
and improvements erected,
situate, lying and being in the
Borough and County of Queens,
City and State of NY,
Block 9047 Lot 30.
Approximate amount of
judgment
\$687,490.74 plus interest and
costs. Premises will be sold
subject to provisions of filed
Judgment Index# 12671/2010.
Gary M. Darche, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 430-4792
Dated: March 18, 2019
62159

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for On Premise Liquor Has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at 3975 10th Ave., New York,
NY 10034. New York County, for
on premises consumption. 888 Group, LLC.

LEGAL NOTICES

NOTICE OF FORMATION
of Arnold's Umbrella
LLC. Articles of Org. filed
with the Secy. of State
of New York (SSNY) on
12/20/2018. Office location:
New York County. SSNY is designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to the LLC c/o 49
Grove Street, Apt. 2B, New
York, NY 10014. Purpose:
Any lawful activity.

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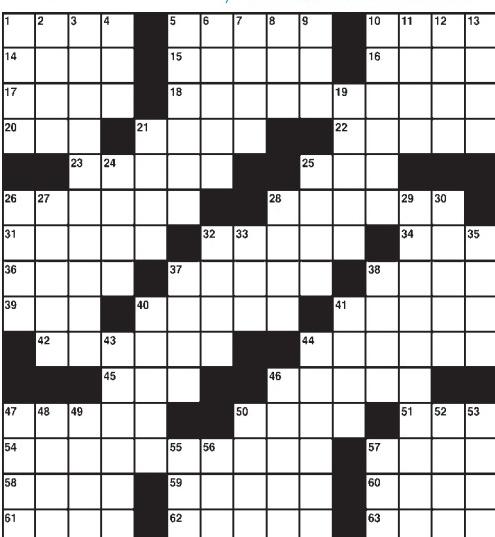


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GAMES



ACROSS

- 1 Quarrel
- 5 Lowly workers
- 10 Aberdeen resident
- 14 Gen. Robert __
- 15 Oakley or Potts
- 16 "There's no place like __!"
- 17 Citrus fruit
- 18 Analyzes again
- 20 Flowery ring
- 21 Sweet spreads
- 22 Large appliances
- 23 Poor
- 25 Gout site
- 26 Pain-killing drug
- 28 Terrible fright
- 31 Desires
- 32 __ song; TV show opener
- 34 Bekins truck
- 36 TV crime drama series
- 37 Gullible saps
- 38 Trill transmitter
- 39 __ up; arrange
- 40 Summoned with a beeper
- 41 Bart's mom
- 42 Bundle of energy
- 44 Said out loud
- 45 TV's "Who Do You Think You __?"
- 46 Singer Brooks
- 47 Freshwater fish
- 50 Irritate
- 51 Noah's boat
- 54 Sounds familiar
- 57 Factual
- 58 Hives symptom
- 59 Implement in a tureen
- 60 Unsightly
- 61 Sports event
- 62 Disrespectful
- 63 The Bee __

DOWN

- 1 __ on; report the misdeeds of
- 2 Nastase of tennis
- 3 Womanliness
- 4 Commission
- 5 Rose __; January 1 event
- 6 Foe
- 7 On __ own; independent
- 8 Veto
- 9 __ of Galilee; biblical lake
- 10 Tremble
- 11 Ice cream holder
- 12 Foreboding sign
- 13 Actress Harper
- 19 Mary Tyler __
- 21 New York team
- 24 Dines
- 25 Male turkeys
- 26 __ up; admits guilt
- 27 Walked the floor
- 28 __ on to; kept
- 29 Engage in price gouging
- 30 "Home on the __"
- 32 African nation
- 33 Garden tool
- 35 Requirement
- 37 Renown
- 38 Trot or canter, e.g.
- 40 Portions
- 41 Additional amount
- 43 All for __; to no avail
- 44 Lowland area
- 46 Fish's breathing organs
- 47 Cut off the edges of
- 48 Ceremony
- 49 __ in a blue moon; seldom
- 50 Cincinnati team
- 52 Regulation
- 53 Door openers
- 55 Pacino & Gore
- 56 Ewe's cry
- 57 Pull hard

wander words

Category: Film Fusion

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A	L	A	L
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	6				7		4
2	1			6			
5			1	3	8		6
				5		7	1
6		3				8	
9	5			1		4	2
		1	3		9		6
						6	7

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Finally, A Treatment for Severe and Chronic Knee Pain That Actually Works!

Millions of older Americans suffer from knee pain due to osteoarthritis. This constant, crippling pain can keep people from doing even the simplest of tasks.

Sleep problems, limited mobility and not being able to do the things you used to do can suck all the joy out of life.

The good news is that there is a new treatment that is effective and has given thousands of people in the Houston area relief. It's called viscosupplementation (lubricating Gel) and our method uses—"special digital imaging".

Viscosupplementation And Why Your Knee Hurts....

Your knee pain all begins when the cartilage of the knee starts wearing away and the natural lubricating fluid in your knee dries up due to the arthritis. The bones then start rubbing together and causes excruciating pain.

Viscosupplementation is an effective treatment where a lubricating gel is injected directly into the knee joint. This gel acts as a lubricant and cushion between the bones of the knee similar to how oil lubricates a car's engine—and helps ease your pain.



The Difference in Our Treatment...

Many people however, don't get the relief they need from viscosupplementation. This is usually due to two reasons:

- 1. Their body doesn't respond to the lubricating gel used or**
- 2. The lubricant is injected in the wrong place.**

Here at The Arthritis Knee Pain Center we use several different lubricants. Not all lubricants work well for everybody in the same way not all people respond the same way to certain medications. One person may try 2 or more blood pressure medications before they finally get the right one that works.

The same is true with these gel injections.

There are over 7 different types that are all FDA approved.

But the main difference in our treatment is that our doctors are thoroughly trained in using advanced digital imagery to see right into the knee joint and determine EXACTLY where the injection should go to be most effective.

Studies have shown that doctors miss the right spot up to 30% of the time! That's almost a third of the people getting this treatment not getting the relief they need!

**Contact Us For a FREE Knee Screening...
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This treatment is taking the New York area by storm! Lots of people are coming to our office to get this treatment. With the baby boomer population aging, knee pain from arthritis is a growing problem for this age group (and the younger generations are also being more and more affected).

Call us now at **(646) 650-2522** for a free knee screening. We'll evaluate you and see if you're a good candidate for our treatment. We want to help as many people as we can but we only have room for 20 evaluations every month and slots fill quickly. CALL US NOW! Becoming pain free and getting your life back may be just one call away...



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